

Resisting The Pressure To Use Alcohol And Other Drugs Worksheet

Read the following skit.

Where: At a dance at school

When: Friday after school

What's happening: Your new friend pulls out a bottle of beer that he took from the fridge at home. He opens it up in the school bathroom and offers you a drink. He says, "My parents always have a few beers at a party. So does my older brother. And besides, look at how much fun people are having in those beer commercials on TV."

Name three types of influences at work in the above situation.

1. _____
2. _____
3. _____

List two ways you could resist the pressure to drink alcohol. Give an example of each.

1. _____
2. _____

Break down this situation into the five steps of The Decision-Making Model to help you decide what is your best choice.

1. Identify the problem
2. List alternatives with pros and cons
3. Evaluate the alternatives
4. Make the decision
5. Reflect on your decision

What is one of the most powerful influences on our behaviour today?

Give an example of a technique used by advertisers to sell a product.
